



## Press Release

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### **Risk of Heat Related Illness Rises as Thermometer Climbs**

*Mayor Andrew J. Ginther Encourages Residents to Use Cooling Centers and Check on Each Other, Especially Children, Older Adults and Chronically Ill*

It's hot – and the forecast calls for it to get even hotter!

As the thermometer climbs to extreme temperatures, so does the risk of a heat related illness. Heat cramps, heat exhaustion and heat strokes can strike anyone, but they are particularly dangerous to children, older adults and people with chronic medical conditions such as asthma, diabetes and heart disease.

"The forecast calls for it to be extremely hot the next few days," said Mayor Andrew J. Ginther. "I encourage people to use community centers as cooling stations and also to check on their loved ones and neighbors as well."

"Extreme temperatures and high humidity can be a dangerous combination, especially for our vulnerable residents," said Columbus Public Health Commissioner Dr. Teresa Long. "But we can prevent heat related illnesses by being aware and taking extra precautions."

To protect your health and improve your life in extreme heat and humidity:

- Drink plenty of water – don't wait until you are thirsty.
- Stay inside in air conditioning if possible. [Community Centers](#) are open during regular hours as cooling stations. Movie theaters, libraries and other public places that are other good options.
- Avoid beverages with alcohol, caffeine and sugar because they cause dehydration.
- Eat light meals.
- Wear lightweight, light colored clothing and a hat.
- Avoid direct sun and stay in the shade.
- Limit outdoor activity to morning and evening hours.
- Take a cool shower or bath.

Be sure to think of pets, too. Never leave an animal in the car on hot days and be sure they have plenty of fresh water when outside. Avoid leaving pets outside on hot, humid days.

For more information, visit Columbus Public Health or on Facebook – Twitter